

5: Smith E-5 (1920-1923) 1929 NE6 Bellacoola NE6
 Carrier NE7
 Tsimshian NE15
 Sekun; NE14

UMBELLIFERAE, PARSLEY FAMILY

Osmorrhiza sp., SWEET CICELY

Bella Coola: Ten to fifteen little pieces of root, as large as the end joint of the thumb, ground by rubbing on a stone; two cupfuls placed in water warmed to blood heat, and two cupfuls of the decoction (according to the strength of the patient) taken internally as an emetic. Decoction acted (sometimes as a purgative instead of an emetic) within five or ten minutes, but lost its power if heated too much. Warm water taken afterwards until the patient vomited four or five times and the stomach was entirely cleaned. Used also for pneumonia.

Southern Carrier: Not used.

Hernacleum lanatum Michx., Cow PARANIP

Bella Coola: Roots crushed, baked (or boiled in a box with hot stones), and applied as a poultice for boils. If too hot a poultice injured the skin.

Raw, uncrushed root inserted in an opened boil and left from half a day to a day. Pus said to come away with the root.

See also white fir (page 50), balsam fir (page 50), black cottonwood (page 54), and false bugbane (page 57).

Southern Carrier: Blossoms steeped in eulachon or other oil and the mixture rubbed on the body to keep off flies and mosquitoes.

Northern Carrier: Roots applied to swellings and bruises.

Gitksan: Roots mashed and applied to swellings of neuralgia or rheumatism.

Gitksan: Roots mashed and applied to boils, rheumatic and other swellings.

Angelica genusifera Nutt.

Bella Coola: Roots boiled and decoction taken internally as a purgative. Not an emetic. Sometimes used raw, but never roasted.

Gitksan: Roots well boiled with twigs of squawberry (*Viburnum pauciflorum* Raf.) from which the bark had not been removed, and decoction taken internally for headache and weak eyes.

Ligusticum scoticum L., LOVAGE

Bella Coola: Leaves spread over a hot stone or stones and used as a medicinal bed for the sick.

Southern Carrier: Not used.

Clesta Douglasii (DC.) C. and R., WATER HEMLOCK, POISON PARANIP

Bella Coola: Roots used as a purgative.

Southern Carrier: Not used.

ARALIACEAE, GINSENG FAMILY

Aralia nudicaulis L., SARAPARILLA

Bella Coola: Roots boiled in a box with hot stones, and decoction taken internally as often as desired for pain in the stomach, or merely as a beverage. Nowadays sweetened with a little sugar. Stem, or its bark, not used.

Southern Carrier: Not used.

Gitksan: Not used.

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Ledum groenlandicum Oeder, LAURUM TEA

Bella Coola: Leaves boiled, and the decoction used as a simple beverage, or for pain in the stomach, but not for diarrhoea or vomiting. Neither an emetic nor a purgative.

Southern Carrier: Not used formerly, now as a beverage only.

Gilliam: Leaves boiled, and the decoction used as a diuretic, or merely as a beverage.

Gaultheria shallon Pursh, SALAL

Bella Coola: Leaves toasted, pulverised by rubbing, and applied to cuts.

Southern Carrier: Not used.

LABIATAE, MINT FAMILY

***Prunella vulgaris* L., HEAL-ALL**

Bella Coola: Roots, leaves, and blossoms washed, boiled, and a cupful of the weak decoction taken internally for the heart. Not used for diarrhoea or vomiting.

Southern Carrier: Not used.

Gilliam: Not used.

***Mentha canadensis* L., MINT**

Bella Coola: Entire plant boiled, and the decoction taken internally, as often as desired, for pain in the stomach. Not used for vomiting, constipation, or diarrhoea.

Southern Carrier: Entire plant boiled, and a cupful of the decoction taken internally for the stomach, colds, lung affections, and various ailments.

Gilliam: Not used.

SCROPHULARIACEAE, FIGWORT FAMILY

***Castilleja miniata* Dougl., PAINT-BUSH**

Bella Coola: Not used.

Southern Carrier: Not used.

Gilliam: Entire plant boiled, and the decoction taken internally for bleeding, stiff lungs, sore eyes, and lame back, possibly caused by kidney trouble. A purgative and diuretic.

Seeds boiled and the decoction taken internally for coughs.

CAPRIFOLIACEAE, HONEYSUCKLE FAMILY

***Lonicera involucrata* Banks., BLACK TWIG-BERRY**

Bella Coola: Leaves chewed and used applied for itch.

Leaves chewed and applied to boils, after they were cut open, to draw out the poison.

Leaves crushed and applied to burns and sores of gonorrhoea.

Bark toasted, pulverised, and applied to sores of gonorrhoea.

Bark boiled and decoction taken internally for cough.

Southern Carrier: Bark boiled for five hours, and the decoction used daily as an eye-wash. Roots, leaves, and berries not used.

Northern Carrier: See scrub pine (page 49).

Gilliam: Fresh juice of berries used in sore eyes. Inner bark (when berries not available) soaked in water, and the milky solution used in the eyes.